

# Think About Your Drink

Name: \_\_\_\_\_

1. Read the following statements and put a check on the line if you think the statement is a healthy drink choice.



\_\_\_\_\_ A cold glass of milk with breakfast.

\_\_\_\_\_ Water any time during the day.

\_\_\_\_\_ Pop while watching T.V.

\_\_\_\_\_ A small carton of 100% orange juice in your lunch box.

\_\_\_\_\_ A small carton of chocolate milk with lunch.

\_\_\_\_\_ Flavored drinks that don't say 100% fruit juice on the label



2. Write down one reason to choose milk over pop.

\_\_\_\_\_

3. Choose one of the two goals below. Circle the goal you would like to do this week.

Goal 1:

Drink milk with meals

Goal 2:

Choose 100% fruit or vegetable juice by looking on labels

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 2nd Grade — Think About Your Drink*

# Eat Smart Be Smart